

Healthy Bites



Information to Improve the Selection and use of Foods In Your Home

Grow A Family Garden

Spring 2008 Vol. 5

Gardening offers family fun. In a garden, you can be active, relax, and spend time together.

Growing vegetables or herbs teaches children that plants like people, need food and water to grow and stay healthy. Caring for plants helps develop responsibility. It also builds self-esteem when kids see what they can grow.



A garden can teach your child about new foods. Kids usually taste what they grow!

What you need:

- ★ Containers for city gardens: milk and juice carton, empty cans, empty bleach bottle, dishpan, plastic bucket, fish bowl, bushel basket
- ★ Garden plot: a two-foot plot is big enough
- ★ Child-size tools: watering can, hose, small shovel, old spoon and fork, small rake, digging stick, hoe and spade, sticks to label plants
- ★ Seeds or seedlings (young plants)
- ★ Water for your hose or watering can
- ★ Soil for container gardens
- ★ Fertilizer: compost, manure, chemical types

Source: Nibbles for Health

Easy foods for kids to grow:

- ★ Beets *carrots,* *cherry tomatoes,* collard greens* herbs,* lettuce,* okra, onion* peppers,* spinach, zucchini
- ★ In windowsill pot: herbs, seeds to replant as young plants in the garden.



I CAN GROW THINGS

Most kids are proud of what they grow. Even when gardening is messy your child is learning. He or she can help with almost any gardening task. It's okay if the garden isn't planted perfectly

- **Pick** the vegetables or herbs you will grow
- **Find** a sunny place.
- **Make** the soil ready in a container or in the garden.
- **Plant** seeds or small plants in the soil.
- **Water** plants when they are thirsty.
- **Measure** plants as they grow and vegetables form. Talk about it.
- **Pull** the weeds.
- **Pick** vegetables or herbs when they are ready.
- **Wash** the food.
- **Make** something to eat with your family. Use the food you pick.
- **Eat and enjoy it!**

Source: Nibbles for Health

Mount Clemens Farmers Market

Fresh, Locally Grown Products Since 1979

THE MARKET OPENS FOR THE SEASON SATURDAY, MAY 5TH



MARKET DAYS AND HOURS

Fridays and Saturdays - 7 a.m. to 1 p.m.
May thru November

MARKET LOCATION

Located at the City's Park & Ride Lot on North River Road between I-94 & North Bound Gratiot Avenue

Kids, Fruits and Vegetables

No news flash here: These days, most children don't eat enough fruits and vegetables for optimal health (and no, ketchup doesn't really count). All parents want their kids to consume (and love) all kinds of veggies and fruits, but most are stumped when it comes to the daily effort to get picky eaters to try new foods, or even to get good eaters to expand their selection. Seems we all have some veggie lessons to learn. The first? A diet rich in fruits and vegetables is good for all of us, from babies on up. Here's what you need to know.

What's in a vegetable? Not all veggies are created equal; variety is the key to being sure you and your kids get all the nutrients the range of vegetables has to offer, such as vitamins and minerals, fiber, and other ingredients called phytochemicals that, researchers are discovering, combat disease. There's the lycopene in tomatoes. Carotenoids in red and orange veggies and fruits. Vitamin C in a whole host of produce. The best way to be sure you get good variety is to think color. Try to choose something from each group over the course of a week.

BLUE PURPLE	blueberries, blackberries, eggplant, figs, purple grapes, purple fleshed potatoes
GREEN	avocados, green apples, green grapes, honeydew, kiwi, broccoli, peas, green pepper, spinach and other leafy greens
WHITE BROWN TAN	oranges, bananas, cantaloupe, grapefruit, nectarines, papaya, peaches, orange peppers, pumpkin, summer squash, sweet potatoes
RED	red apples, cherries, strawberries, raspberries, pomegranates, red peppers, beets, red onions, red potatoes, tomatoes, rhubarb

What's a serving, anyway? According to the Food Guide Pyramid, kids ages two to six years should get 3 servings of vegetables and 2 of fruit each day. Over age six, that goes up to 3 to 5 servings of veggies and 2 to 4 of fruit each day. A serving of vegetables might be a cup (when raw) of green leafy vegetables (such as dark-green lettuce, spinach, kale), a half-cup of other vegetables (cooked or raw, such as broccoli, green beans, peas), or 3/4 cup of 100% vegetable juice. A fruit serving is one medium sized piece of fruit (an apple, orange, banana, peach), a half-cup of chopped, canned, or cooked fruit; or 3/4 cup of 100% fruit juice.

Source: Scholastic Parent & Child September 2007

Word Wise

Phytochemicals

Plant chemicals that provide protective disease preventing compounds. It is estimated that there may be 100 different phytochemicals in just one serving of vegetables.

Carotenoids

Are responsible for many of the red, orange, and yellow colors of plant leaves, fruits, and flowers. Some examples of carotenoid coloration are in the oranges of carrots and citrus fruits, the reds of peppers and tomatoes. The nutritional role for carotenoids is the supply of vitamin A in the body.

Source: USDA

Did you know...



The average American consumes more than 2 1/2 times the amount of sodium each day that the body needs to stay healthy. While some sodium is necessary to maintain the body's fluid balance, too much can lead to high blood pressure.



Sweet potatoes, which are not related to baking potatoes or yams, are extremely high in vitamin A plus, one serving of sweet potatoes has as much vitamin C as half an orange.



Source: Association for Child Development

Germs OnThe Run!

While you and the children are washing hands, try this ditty:

Washing Hands Can Be Fun, Fun, Fun

Germs On The Run, Run, Run

Power'em out--Pow

Power'em out--Ka-zow!

Germs On The Run, Run, Run



Remember these handwashing instructions:

use warm running water and soap

wash for 10-20 seconds

rinse

dry with paper towel

* Source: National Food Safety Education

Check our Web site:

macombcountymi.gov/msuextension

- Calendar of upcoming programs
- Program descriptions
- Volunteer opportunities
- Past Healthy Bites issues

Want to be on our mailing list? Please call!

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Copy cats permitted!



For more information or questions regarding food and nutrition, contact us!

MSU Extension - Food and Nutrition

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MSU EXTENSION PROGRAMS

FAMILY (586) 469-5180

ABC, 123 @ Home With Me

**** In-home free literacy program ****



*that provides free books
to single family low
income households with
children ages 0 ~ 3 years old.*

*Call (586) 469-7609 for
more information on this program*

MSUE 4C presents: Chick Moorman
The Only 3 Discipline Strategies You Will
Ever Need: Essential Tools For Busy Parents
Thursday, May 15th
6:30pm-9:00pm

Location:

Best Western ConCorde Inn
44315 Gratiot Avenue
Clinton Twp., MI 48036
Contact 586.469.6993

Facing Foreclosure

Monday, May 21st
6:30 - 9:00 p.m.

Roseville Senior Center
18961 Common Rd
Roseville, MI 48066
Call 586-469-6430 to register

*receive a certificate of completion. ***

HOUSING (586) 469-6430

Macomb Homebuyers Affordable

Housing Seminar

- ◆ Renting vs. Buying
- ◆ Government & Bank Loan Programs
- ◆ Down Payment Assistance
- ◆ Saving Money & Cleaning Up Credit

Wednesday, May 28, 2008

Macomb MSU Extension

Money Management

8 Sessions, Wednesdays
Sept. 10, 17, 24,
Oct. 1, 8, 15, 22 & 29



MSU Extension
21885 Dunham
Clinton Township, MI 48036

Call (586) 469-6430 to register

Home Ownership Seminar

FREE, three-part program provides
basic information needed
to effectively shop for
and finance a home.

June 11, 21 and 28

Macomb MSU Extension
21885 Dunham, Entrance E
Clinton Township, MI 48036

NUTRITION (586) 469-6432

Expanded Food & Nutrition Program
for low-income families with children - 6 sessions

- ◆ One-On-One Teaching
- ◆ Menu Planning
- ◆ Group Presentation
- ◆ Stretch Food Dollars
- ◆ Label Reading
- ◆ Free Cookbook (Call 586-469-6432)

Parenting Views/Healthy Bites

Free Newsletters

Check our website:

www.msue.msu.edu/macomb for:

Calendar of upcoming events
Program descriptions
Volunteer opportunities
Past issues

Volunteer Opportunities

Youth Mentor Program

Positive role modeling to at
risk youth 11 - 15
4H



Activities for families
with children 5-19

Call (586) 469-6431 for more information

Extension also offer programs on gardening, environment, recycling, composting, tourism local government and so much more. Visit our website: www.msue.msu.edu/macomb or call (586) 469-5180.

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